

5 A Day the Preschool Way

5 A Day Resources



5 A Day the Preschool Way

5 A Day the Color Way



Colorful fruits and vegetables provide the wide range of vitamins, minerals, fiber, and phytochemicals your body uses to maintain good health and energy levels, protect against the effects of aging, and reduce the risk of cancer and heart disease. Many of the phytochemicals and other compounds that make fruits and vegetables good for us also give them their color. That's why it's essential to sample the complete color spectrum every day to get the full preventive benefits of fruits and vegetables.

Blue/Purple

Blue/purple fruits and vegetables contain varying amounts of health-promoting phytochemicals such as anthocyanins and phenolics, currently being studied for their antioxidant and anti-aging benefits. Include BLUE/PURPLE in your low-fat diet to help maintain:

- A lower risk of some cancers
- Urinary tract health
- Memory function
- Healthy aging

Tasty blue/purple options include:

Blackberries	Purple grapes	Eggplant
Blueberries	Plums	Purple Belgian endive
Black currants	Raisins	Purple peppers
Dried plums	Purple asparagus	Potatoes (purple fleshed)
Elderberries	Purple cabbage	Black salsify
Purple figs	Purple carrots	

Green

Green vegetables contain varying amounts of phytochemicals such as lutein and indoles, which interest researchers because of their potential antioxidant, health-promoting benefits. Include GREEN in your low-fat diet to maintain:

- A lower risk of some cancers
- Vision health
- Strong bones and teeth

5 A Day the Preschool Way

5 A Day the Color Way (continued)



Tasty green options include:

Avocados	Arugula	Green cabbage
Green apples	Asparagus	Celery
Green grapes	Broccoflower	Chayote squash
Honeydew melon	Broccoli	Cucumbers
Kiwifruit	Broccoli rabe	Endive
Limes	Brussels sprouts	Leafy greens
Green pears	Chinese cabbage	Leeks
Artichokes	Green beans	Lettuce
Green onion	Okra	Peas
Green pepper	Sugar snap peas	Spinach
Watercress	Zucchini	

White

White, tan and brown fruits and vegetables contain varying amounts of phytochemicals of interest to scientists. These include allicin, found in the garlic and onion family. The mineral selenium, found in mushrooms, is also the subject of research. Including WHITE in your low-fat diet helps maintain:

- Heart health
- Cholesterol levels that are already healthy
- A lower risk of some cancers

Tasty white options include:

Bananas	Garlic	Onions
Brown pears	Ginger	Parsnips
Dates	Jerusalem artichoke	Potatoes (white-fleshed)
White nectarines	Jicama	Shallots
White peaches	Kohlrabi	Turnips
Cauliflower	Mushrooms	White Corn

5 A Day the Preschool Way

5 A Day the Color Way (continued)



Yellow/Orange

Yellow and orange fruits and vegetables contain varying amounts of antioxidants such as vitamin C, as well as carotenoids and bioflavonoids, two classes of phytochemicals that scientists are studying for their health-promoting potential. Including YELLOW/ORANGE in your low-fat diet helps maintain:

- A healthy heart
- Vision health
- A healthy immune system
- A lower risk of some cancers

Tasty yellow/orange options include:

Yellow apples	Papayas	Yellow peppers
Apricots	Peaches	Yellow potatoes
Cantaloupe	Yellow pears	Pumpkin
Yellow figs	Persimmons	Rutabagas
Grapefruit	Pineapples	Yellow summer squash
Golden kiwifruit	Tangerines	Sweet corn
Lemon	Yellow watermelon	Sweet potatoes
Mangoes	Yellow beets	Yellow tomatoes
Nectarines	Butternut squash	Yellow winter squash
Oranges	Carrots	

Red

Specific phytochemicals in the red group that are being studied for their health-promoting properties include lycopene and anthocyanins. Include a variety of RED fruits and vegetables in your low-fat diet to help maintain:

- A healthy heart
- Memory function
- A lower risk of some cancers
- Urinary tract health

Tasty red options include:

Red apples	Red pears	Red peppers
Blood oranges	Pomegranates	Radishes
Cherries	Raspberries	Radicchio
Cranberries	Strawberries	Red onions
Red grapes	Watermelon	Red potatoes
Pink/Red grapefruit	Beets	Tomatoes

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Lists of Fruits and Vegetables

Good Sources of Vitamin A

(Enjoy at least one selection every day)

acorn squash	dandelion greens	mango	red bell pepper
apricot	dried apricots	mustard greens	romaine lettuce
bok choy	endive	nectarine	spinach
broccoli	escarole	papaya	sweet potato
butternut squash	hubbard squash	peach	swiss chard
cantaloupe	kale	persimmon	tangerine
carrots	leaf lettuce	plantain	tomato
chicory greens	loquats	prunes	turnip greens
collards	mandarin oranges	pumpkin	

Good Sources of Vitamin C

(Enjoy at least one selection every day)

acerola cherries	crenshaw melon	mango	Santa Claus melon
bell peppers	gooseberries	mustard greens	snow peas
blackberries	grapefruit	orange	spinach
blueberries	guava	orange juice	strawberries
bok choy	honeydew	papaya	summer squash
broccoli	jalapeno pepper	Persian melon	sweet potato/yam
Brussels sprouts	kiwifruit	pineapple	tangelo
cabbage	kohlrabi	potato	tangerine
cantaloupe	lemon	radishes	tomato
cauliflower	lime	raspberries	turnip greens
chili peppers	mandarin orange	rutabaga	watermelon

Cruciferous or Cabbage Family Vegetables

(Enjoy several times a week)

broccoli	cauliflower	mustard greens	radishes
Brussels sprouts	kale	rutabaga	watercress
cabbage	kohlrabi	turnips	bok choy

Taken from Texas 5 A Day Week Materials

5 A Day the Preschool Way



Resources for Providers: Other Ideas

There are many other nutrition education resources that could supplement or support the activities in this module. A number of these resources can be found in the ***Tickle Your Appetite***, ***Color Me Healthy*** or ***Nibbles for Health*** modules from this training. See also the lists of **Websites**, **Books** and **Songs** in this module.

Tickle Your Appetite

Classroom Activities: Make Your Own Mobile to Take Home (4-13)
Classroom Activities: A Mystery Bag (4-23)
Classroom Activities: Let's Vote: Taste, Touch, Smell (4-25)
Classroom Activities: Agricultural Celebration Day (4-29)
Classroom Activities: What's Hiding Inside (4-31)
Family At-Home Activities: Have fun with food on a rainy day! (5-7)
Family At-Home Activities: It's a Squeeze (5-9)
Family At-Home Activities: Play with the colors and smells of food! (5-11)
Family At-Home Activities: Fun in the kitchen (5-15)
Family At-Home Activities: Seeds grow and so do we (5-17)
Family At-Home Activities: Roots, stems, leaves, fruits, flowers, and seeds (5-21)
Community Activities: Fun, Food, Folklore (6-15)
Community Activities: Farmers' Market Extravaganza (6-21)
Community Activities: Supermarket Tour (6-29)
Handout: Cooking at the WIC Café (7-17)
Handout: Cool-n-Fruity Summer Treats (7-31)
Handout: Children's Books About Food, Eating, and Health (7-33)
Handout: Tastes of the World (7-35)
Handout: What's That? Choosing, Storing, and Using Vegetables From Farmers' Markets (7-37)
Handout: What's That? Choosing, Storing, and Using Fruits From Farmers' Markets (7-41)
Handout: Ripe-n-Ready: What's in Season? (7-43)
Handout: How to Grow an Herb Garden (7-45)
Handout: Cooking With Herbs (7-49)
Artwork: Paul and Paula Pear
Artwork: Beth Broccoli
Artwork: Fruit Group

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Resources for Providers: Other Ideas (continued)

Artwork: Vegetable Group
Artwork: Apple Tree
Artwork: Vegetable Garden

Color Me Healthy

Circle Time: Eat A Rainbow Of Colors (pg. 3)
Circle Time: Brown Paper Bag Mystery (pg. 7)
Circle Time: Where Do The Colors Grow? (pg. 12)
Color Your Classroom: Fruit and Vegetable Garland (pg. 31)
Color Your Classroom: Fruit and Vegetable Twister (pg. 32)
Color Me Healthy Songbook (pg. 36)
Color You Healthy: Build A Healthy Base (pg. 55)
Color Me Healthy News
Poster: Remember to Eat All Your Colors
Color Cards
Where Things Grow mini-poster

Nibbles For Health

Nibbles For Health 20: Juice or Fruit Drinks?
Nibbles For Health 34: Grow a Family Garden!

5 A Day the Preschool Way

Websites with 5 A Day Information



5 A Day/ Produce for Better Health

www.5aday.com

Eat Smart Move More- NC 5 A Day Program

www.eatsmartmovemorenc.org

Dannon Institute

www.dannon-institute.org

5 A Day - CDC

www.cdc.gov/nccdphp/dnpa/5aday/index.htm

Sunkist

www.sunkist.com

Dole 5 A Day

www.dole5aday.com

NC Sweet Potato Commission

www.ncsweetpotatoes.com

NC Dept. of Agriculture & Consumer Services

www.agr.state.nc.us

Produce Marketing Association

www.aboutproduce.com

Fresh Produce and Floral Council

www.fpfc.org

NC Fruit and Vegetable Shipping Directory

www.nc-produce.org

Produce Marketing Association

www.pma.com

Nutrition and Health

www.nutrition.gov

American Dietetic Association

www.eatright.org

Pear Association

www.usapears.com

U.S. Apple Association

www.usapple.org

United Fresh Fruit and Vegetable Association

www.uffva.org

Washington Apples

www.bestapples.com/kids

California Asparagus

www.calasparagus.com/consumer/kids.htm

Nutrition Café

<http://exhibits.pacsci.org/nutrition>

Nutrition Explorations

www.nutritionexplorations.org

Team Nutrition

www.fns.usda.gov

American School Food Service Association

www.asfsa.org

California Avocado Commission

www.avocado.org

California Date Commission

www.datesaregreat.com

California Kiwifruit Commission

www.kiwifruit.org

California Strawberry Commission

<http://Calstrawberry.com>

California Table Grape Commission

www.tablegrape.com

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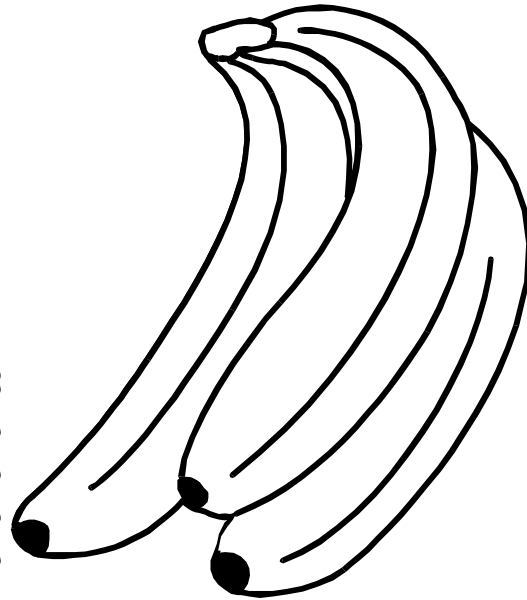
Books about Fruits and Vegetables

Many nutrition education activities use books to teach about food, healthy eating and physical activity. The following books could be read on their own or as part of any of the activities found in this module. Ask question to create active discussions before, after and during reading. Relate the book to learning about fruits and vegetables. The books listed here are available for loan through the NET lending library www.nutritionnc.com.

Title	Author	Publisher	Year
The Very Hungry Caterpillar	Eric Carle	Philomel Books	1969 And 1987
One Potato A Counting Book Of Potato Prints	Diana Pomeroy	Voyager Books	1996
Eat Your Peas Louise!	Pegeen Snow	Children's Press	1985
Potatoes on Tuesday	Dee Lillegard	Goodyear Books	1995
Oliver's Vegetables	Vivian French	Orchard Books	1995
I Eat Vegetables	Hannah Tofts	Anna Mcquinn	1998
Blueberries for Sal	Robert Mccloskey	The Viking Press	1948
Growing Colors	Bruce Mcmillan	Harpercollins Publishers	1988
Eating the Alphabet Fruits and Vegetables from A To Z	Lois Ehlert	Voyager Books	1989
Growing Vegetable Soup	Lois Ehlert	Voyager Books	1987
I Eat Fruit	Hannah Tofts	Anna Mcquinn	1998
The Little Mouse, the Red Ripe Strawberry and the Big Hungry Bear	Don And Audrey Wood	Child's Play (International) Ltd.	1984

Top Banana Award

Go Bananas!!!



Congratulations for
participating in 5 A Day
the Preschool Way.
Together we can do it!

We salute your efforts to
eat 5 A Day.
5 A Day every day helps
make learning fun!

Certificate of Participation

Apple of My Eye Award



Congratulations on Getting 5 A Day the Preschool Way!

5 A Day the Preschool Way

Fruits and Vegetables from A to Z

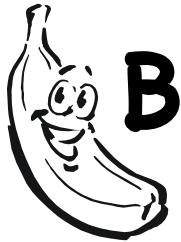
Look at all the vegetables and fruits you can choose!

A

alfalfa sprouts
applesauce
apricot



artichoke
asparagus
avocado



B

bamboo shoots
beets
beet greens
bell pepper
broccoli
Brussels sprouts



banana
blackberries
blueberries
boysenberries
breadfruit

C



cabbage
carrots
cassava
cauliflower
celery
cherries
crabapples
cranberries
currants
crookneck squash



cactus pear
cantaloupe
carambola (starfruit)
casaba melon
chayote
chicory
coleslaw
collards
corn
cucumber



D

dandelion greens
dewberries

dates

E

eggplant
endive

elderberries
escarole

F

fennel bulb

figs

G

green beans
green peas
grapes



gooseberries
grapefruit
guava

H

hearts of palm
hominy

honeydew melon
hubbard squash

I

iceberg lettuce

jackfruit
Java plum

J

Jerusalem artichoke
jicama
jute

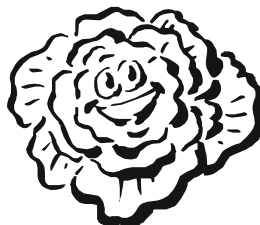
K

kale
kohlrabi

kiwifruit
kumquat

L

leaf lettuce
leeks
lotus roots
longans
lychees



lemon
lime
loganberries
loquat



M
N
O

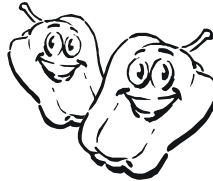
mushrooms
mustard greens
melons

New Zealand spinach
nopales

okra
onion



parsley
parsnips
peas
peppers
potatoes
poi
pumpkin
purslane
plums
prickly pear
pumelo



mandarin oranges
mangos
mulberries

nectarines

oranges
oyster plant (salsify)



papaya
passion fruit
paw paw
peaches
pear
persimmon
pineapple
plantain
pomegranate
prunes



P



Q

quince

radicchio
radish
romaine lettuce
rutabaga

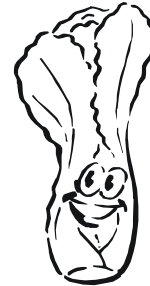


R

sauerkraut
seaweed
snowpeas
spinach
squash
sweet potato
succotash



raisins
raspberries
rhubarb
rose apple



S

sapodilla
sapote
starfruit
strawberries
sugar apple
Swiss chard

T

taro
tomatillos
tomatoes
turnip greens



tamarind
tangerines
tangelo
turnips



U

ugli fruit

vegetable oyster (salsify)
vegetable pear (chayote)

Valencia orange
velvet apple

V

water chestnuts
watercress

watermelon
wax beans

W

yams
yellow beans

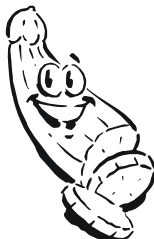
yardlong beans

Y

zucchini



Z



Goodness Grows in Living Color !

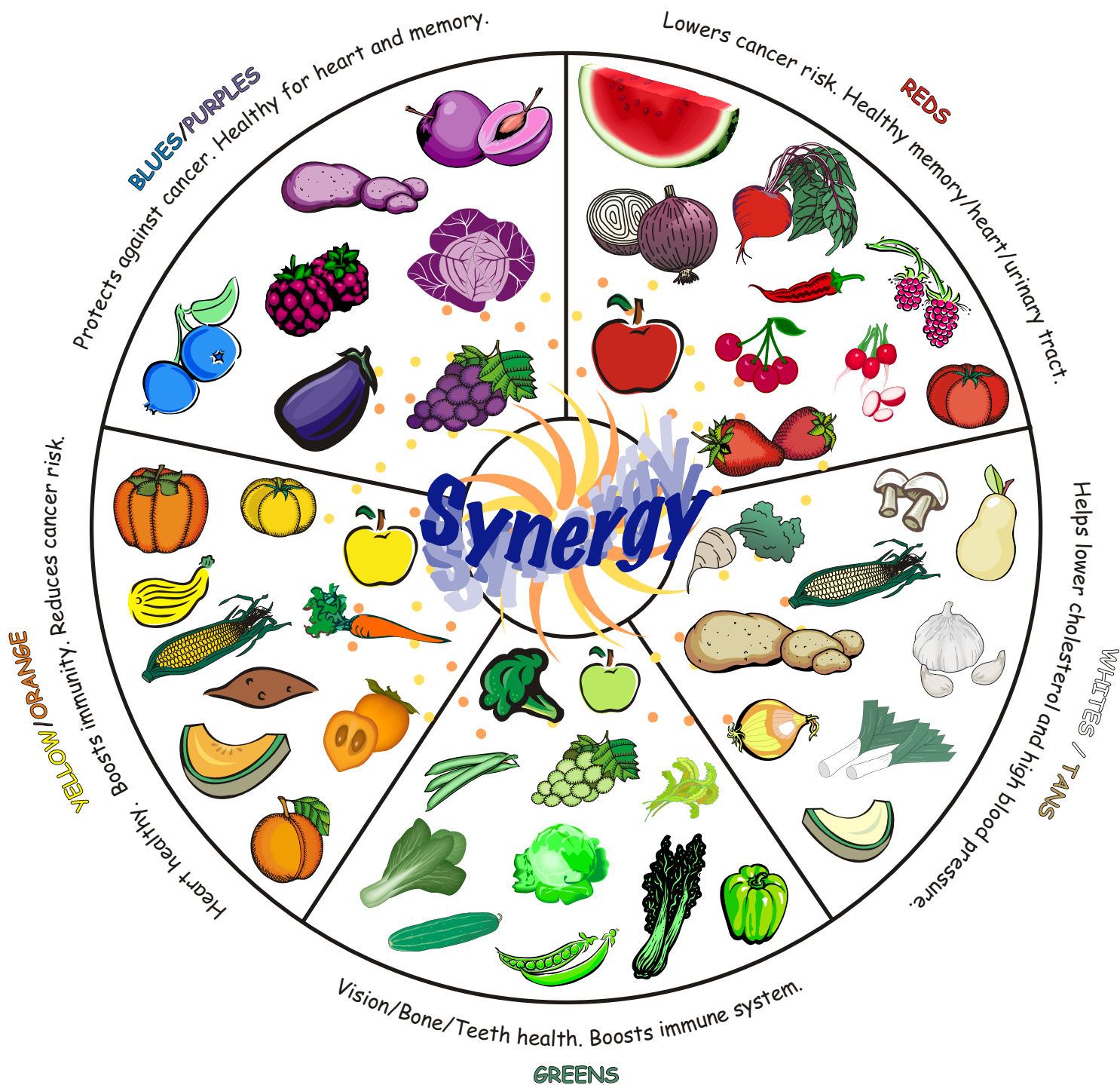
All Foods Can Fit! **Color + Variety = A Healthy Diet.**

No single food is better than another. They all work together in **synergy**.

When food digests, **synergy** happens as two or more nutrients combine to do what neither could do as well by itself. Colorful fruits and vegetables contain essential vitamins, minerals, fiber, antioxidants and phytonutrients that work together to make this **nutritional synergy**.

They naturally protect and maintain our bodies and are found in varying amounts in each food.

Put 5 or more North Carolina colors & flavors on your plate everyday!



Small family farmers grow these foods in North Carolina. Look for them wherever you shop.

NORTH CAROLINA DEPT. OF AGRICULTURE & CONSUMER SERVICES

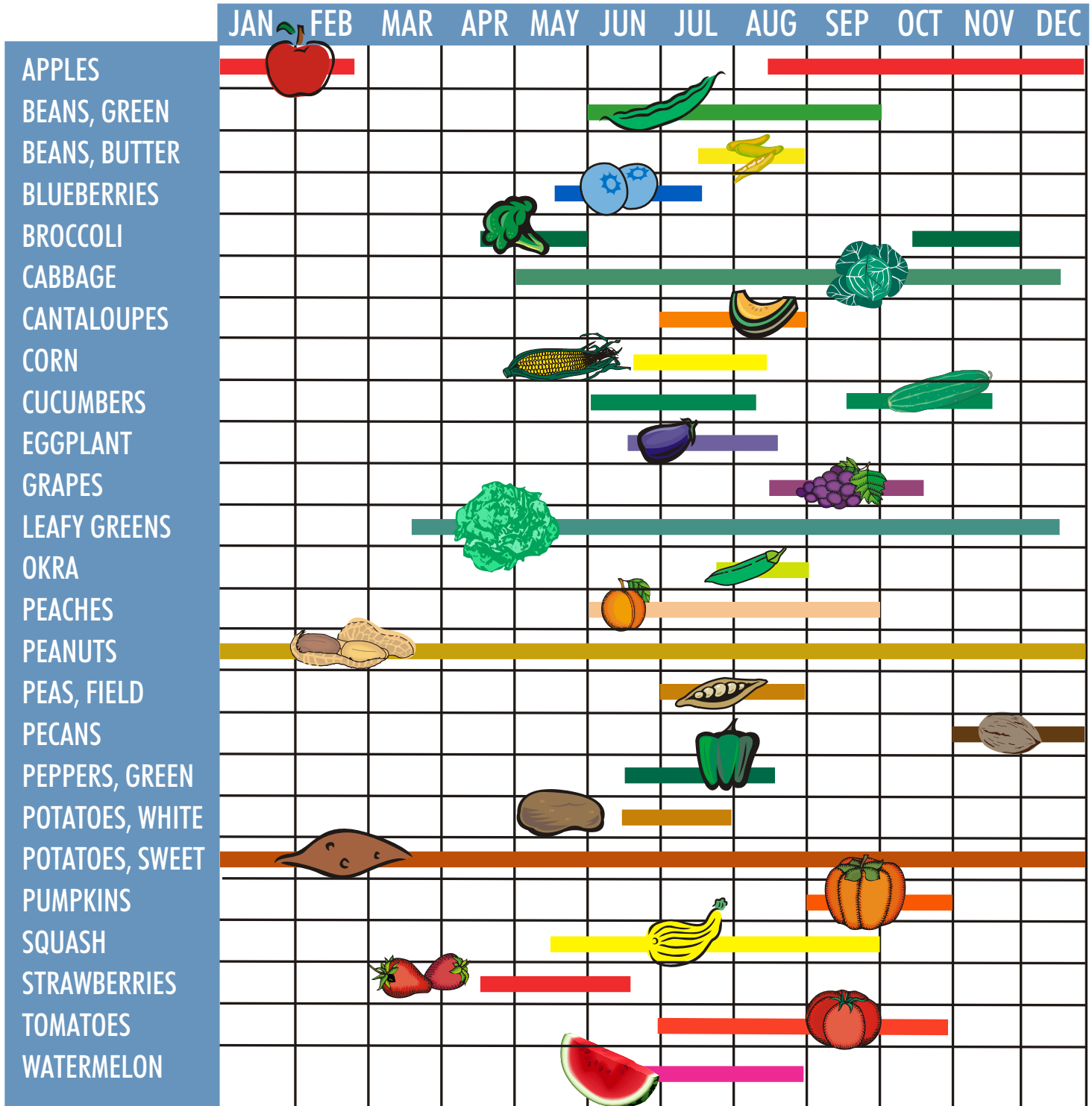
2 West Edenton St. Raleigh, NC 27601 (919) 733-7887

What's in Season?

North Carolina Fruit and Vegetable Availability

You can use this guide to choose the freshest, best tasting produce obtainable!

Insist on buying locally grown food in grocery stores, restaurants, in the work place and schools,
Or- buy direct from a local grower at a farmers market, pick-your-own or roadside farm market.



For directories and more information about NC produce, visit www.ncdamarkets.org.

Agriculture is NC's # 1 industry. When you see the Goodness Grows in North Carolina logo on food products, you are contributing to the economic growth of North Carolina and to our farmers.

